

GOOD NEIGHBORLY NEWS

ISSUE 2

NEIGHBORHOOD WATCH PUBLICATION

SPRING- 2010

Block Captains:

Share this newsletter with your block participants and don't forget to sign up for **e-mailed crime alerts**.

To register, e-mail me at jodee.sasway@carlsbadca.gov and get details.

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The mission of the Crime Prevention Unit is: The anticipation, recognition and appraisal of crime risk and the initiation of some action to remove or reduce it.

Let's do it together!

Why Vehicle Crime Occurs in Carlsbad

People quite frequently say to me, "Carlsbad is such a nice city. I did not think this type of crime occurred here." There is a reason vehicle crime occurs in Carlsbad. I tracked vehicle crime for a one month period and I found the following:

- 38 vehicle crimes occurred during this period of time
- 53% of the crimes tracked were through no use of force, meaning items were taken out of a vehicle that was not locked.

The following property was taken from these 38 vehicles:

100 sample shoes, all left feet
\$30,000 in undeposited checks
8 pieces of stereo equipment
7 iPods
6 purses
6 backpacks
6 wallets
5 laptops
4 cameras
3 collections of CD's
3 amounts of cash
2 DVD players
2 cell phones
2 briefcases

And one each of the following items: glasses, sink drain, flashlight, tents, keys, jewelry, Mac Book, video camera, checkbook, credit card, cell phone charger, GPS, and one social security card.

Sadly this was a lite month. Generally, there are more laptops, purses, iPods, cell phones and GPS's taken. If you look at the value of the items that can be found in vehicles, mostly unlocked, you have a clearer understanding why this crime occurs.

It is simple to reduce or eliminate vehicle crime. Remove the opportunity. The valuable item left behind creates an

opportunity for crime. Without the valuable, there is no reason for the crime. Follow the following prevention techniques to significantly reduce your risk of being a victim of vehicle crime.

Park your vehicle in the garage. Remove all your personal property. Lock the vehicle and secure your garage. Take the personal property into your house, locking the door behind you.

If you cannot park in the garage, park your vehicle as close to your house as possible, under a light. Remove all property from the vehicle. Lock the vehicle, taking the personal property with you inside your house.

When out and about, never leave valuable items behind inside your vehicle. Purses, laptops, GPS's, iPods and other items are taken daily from vehicles.

Year to Date Crime Rates in Carlsbad



Overall, reported FBI Index crime cases are down in Carlsbad. With everything from robbery, down 35%, to residential burglary, down 20%, rates are lower than last year at this time.

This does not mean we should become complacent. We are moving into the summer season, a time in which crime tends to increase.

Crime increases in the summer as we are tempted to leave our windows and doors open while we are out. We are also out and about more, creating more opportunities at the beach and other places for vehicle crime. Please take the time to secure your property.

For more information on home security and other prevention topics, visit the City's website at www.carlsbadca.gov and search for "Crime Prevention".

Who Cares

The Federal Trade Commission introduces “Who Cares”, a source of information about health care products and services.

With so many sources of health information at your fingertips—many of them online—it can be tough to tell fact from fiction, or useful health products and services from those that don’t work or aren’t safe. The FTC has created a website to help you find reliable sources of information on health topics important to you, whether you’re an older consumer or a family member, caregiver, or friend. You can:

- Find links to agencies and organizations that care about topics like generic drugs, hormone therapy, caregiving, surgery to improve vision, alternative medicine, hearing aids, Medicare fraud, and medical ID theft, and;
- Learn how to spot misleading and deceptive claims. Find out who you can contact to ask questions, enlist help, or speak up if you think a health product or service isn’t living up to its promises.

Just remember: Among the best sources of health information is someone you can meet face-to-face. Talk about all of your health-related decisions with your doctors and other trusted health care providers.

To visit this website, go to www.ftc.gov/whocares.

Cell Phone Safety for Children

We live in an instant access world and this means children need to learn common sense when it comes to cyber communication.

1. Program family phone numbers into your phone for easy access.
2. Do not give out your address or other personal information to people you do not know on a phone call, text or email.
3. Only use your phone to communicate with people you know. Do not respond to email, text, pictures or voice messages from someone you do not know.
4. Know what to send and what not to send: Do not send inappropriate pictures, threatening messages or insults. Messages and pictures can be forwarded and saved, do not send anything you might regret. Photos and other information can stay online **forever** and can be sent to anyone. There is no privacy.
5. Tell an adult if you receive anything on your phone – a call, a text message, an email, a picture or voicemail message – that makes you uncomfortable.
6. Be aware of your surroundings and understand when talking or texting is appropriate and when it is not. Learn courteous cell phone etiquette.



About Cyberbullying

Cyberbullying is harassment via cell phone, text, instant message and photo message. In a research study, 42.9% of the 6th through 8th graders studied had one of the following experiences:

1. Received an email or an instant message that upset them
2. Had something posted on a social networking site that upset them
3. Had been made fun of in a chat room
4. Had something posted on a Web site that upset them
5. Had something posted on an online site they did not want others to see
6. Were afraid to go on the computer

Cyberbullying can occur at home. It can be harsher as kids will say things they would

not say in person. It can be far reaching by posting on websites or to an entire school. It can be anonymous.

Your Prescription Drugs and Teens

Prescription drug abuse by teens and young adults is a serious problem in the United States.

One in 5 teens has abused a prescription (Rx) pain medication. One in 5 report abusing prescription stimulants and tranquilizers and one in 10 has abused cough medication.

Many teens think these drugs are safe because they have legitimate uses, but taking them without a prescription to get high or “self-medicate” can be as dangerous—and addictive—as using street narcotics and other illicit drugs.

Kids as young as 12 are trying prescription drugs non-medically. Pharmaceuticals are often more available to 12 year olds than illicit drugs because they can be taken from the medicine cabinet at home. Also, pills may have a perception of safety because they are easier to take than smoking pot or drinking alcohol and are professionally manufactured.

The National Survey on Drug Use and Health identifies 4 types of prescription medications that are commonly abused: pain relievers, stimulants, sedatives and tranquilizers.

Three easy ways to prevent Rx abuse:

1. Educate yourself.
2. Communicate with your kids.
3. Safeguard medications.

Parents and family members, whose homes teens visit, should keep prescription medications out of teen’s reach. You should also talk to your teen and warn them that taking prescription medications without a doctor’s supervision can be just as dangerous and as potentially lethal as taking illicit drugs. Pain killers are made from opioids, the same substance as in heroin.

For more information go to www.drugfree.org.

